



*Office of Women's Health*

*Indiana State Department of Health*

# Annual Report

## 2002–2003

**In fulfillment of the requirements of House  
Enrolled Act 1356 Section 3 (12)**

# A Note From Barbara Levy Tobey

Director, Office of Women's Health

This Annual Report is dedicated to the staff of the Office of Women's Health. During this time of fiscal restraint, these staffers, working together, are not only making strides in all of our programs, but are making a difference in the health and well-being of women in Indiana.

Our small budget had two cuts in one year. Yet, in spite of the reduction in funds, our office continues to forge ahead and expand programming. Certainly, this is due to the bright and capable staff that has a generous amount of commitment, dedication and professionalism.

Andrea Klemm, Osteoporosis Program Coordinator, began a new osteoporosis satellite program in Gary to serve Northwest Indiana. An additional bone densitometer was purchased and local staff have been trained to perform bone density screenings and provide educational counseling on osteoporosis prevention. Innovative programming is being piloted, such as performing screenings in beauty salons to reach minority women. This program has performed over **16,000 bone density screenings** in **70 counties** across Indiana utilizing our four bone densitometer machines.

Molly Maguire, Project Director, has expanded the *Heart Alive!* employee wellness program, completing the program at two state agencies this year, FSSA and the Department of Administration. The fourth Heart Alive! program has just started for employees of the Auditor's Office and State Personnel Department. Molly was trained by the Stanford University Patient Education Research Center as a Master Trainer in the Chronic Disease Self-Management program. She has taught this six-week program to two groups of ISDH employees. She has also continued to administer our mini-grant program and represent the office on various councils and boards, such as the Coordinated School Health Advisory Council.

Special thanks to Jenny Willenberg, who keeps everything running smoothly. The office would not be as efficient without Jenny's assistance.

So, HATS OFF to these very energized and motivated women, who represent our office throughout the state in the most positive way!

**Office of Women's Health Staff**

**Barbara Levy Tobey**

Director

**Andrea Klemm**

Special Program Coordinator, Osteoporosis

**Molly Maguire**

Project Director, Heart Alive!

**Jenny Willenberg**

Administrative Assistant

## **HEA 1356-1999**

*“Sec. 3. The [Office of Women’s Health] is established for the following purposes:*

*(12) To provide an annual report to the governor, the legislative council, and the Indiana Commission for women regarding the successes of the programs of the office, priorities and services needed for women’s health in Indiana, and areas for improvement.”*

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# Introduction

## Office of Women's Health

### History

The Office of Women's Health (OWH) at the Indiana State Department of Health (ISDH) was established by Governor Frank O'Bannon on Mother's Day 1998. During the 1999 legislative session, House Enrolled Act 1356-1999 was passed, giving the Office of Women's health permanence. The bill provided for an Advisory Board to support the office. The Advisory Board currently consists of 36 members. The Office of Women's Health reports directly to the State Health Commissioner.

### Mission

The Office of Women's Health was established to improve the health status of women in Indiana across the lifespan, through assessment of health needs, increased public awareness and education, and coordinated development of women's health programming. The Office of Women's Health is the centralized location for the development of leadership and vision for women's health and other public programs.

### Objectives

- To identify, coordinate, and set statewide priorities for women's health programs, services, and resources
- To educate and advocate for women's health, providing statewide leadership for better access to and financing for health services, preventive screening, treatment services, and health education efforts
- To seek funding and partnerships from private or governmental entities for programs and initiatives
- To promote programs that are especially sensitive to the needs of underserved and disadvantaged women, and those with special needs
- To serve as a clearinghouse for information, current research and data, and to assist policymakers
- To provide leadership and mentoring opportunities for young women

# Project Updates

## Indiana Osteoporosis Prevention Initiative

### History

The Indiana Osteoporosis Prevention Initiative was established in 1997 by House Enrolled Act 1961 and is administered by the Office of Women's Health (OWH) at the Indiana State Department of Health (ISDH). The program's initial objectives included prevention and treatment education throughout the State of Indiana. In February of 2000, the Indiana Osteoporosis Prevention Initiative purchased its first Sahara Bone Densitometer for screening women for bone density loss. This immediate, non-invasive test for reading the bone mineral density of the heel allowed the Initiative to expand its objectives to include screenings. The OWH staff has been trained to operate the Sahara Densitometer and interpret the screening results. In the year 2000, 1000 women throughout Indiana were screened and educated. The Initiative had a presence at many statewide health fairs, seminars, conferences and walk/runs.

Since January 2001, the Initiative, directed by Andrea Klemm, has greatly increased its numbers and has begun two new areas of concentration, rural and inner city outreach. To date, the Indiana Osteoporosis Prevention Initiative has visited 70 counties, providing over **16,000** screenings.

### 2002—2003

In May 2002, in celebration of National Osteoporosis Prevention Month and Women's Health Week, the Initiative collaborated with Marsh Clinical Services to provide 500 screenings at eight Marsh Supermarkets. Free bone density screenings were provided to city and county employees in collaboration with the office of Mayor Bart Peterson. On behalf of the OWH, the Office of Public Affairs at ISDH issued a press release publicizing the state's participation of National Osteoporosis Prevention Month outlining the availability of free bone density screenings. The Black and Minority Health Fair, which is part of the Indiana Black Expo's Summer Celebration, is a comprehensive screening and education event serving minority populations. The Office of Women's Health provided **475** bone density screenings to women over the course of the Health Fair.

### Expansion into Northwest Indiana

Recently, a fourth bone densitometer and two new and improved displays were purchased. Additional staff have been hired to serve both southern Indiana and the northwest part of the state. There has been enthusiastic support from local health departments, churches and communities. In addition, the Initiative is adding innovative screening sites such as beauty salons in an effort to reach more Hoosier women. In the coming year, the Indiana Osteoporosis Initiative will continue efforts to educate and bring awareness to the women of Indiana.

## **Sexual Assault Victims Assistance Fund**

In 2002, the Office of Women's Health administered **the Sexual Assault Victims Assistance Fund**, established by Indiana Code 5-2-5. The fund provides financial assistance to rape crisis centers in Indiana. As required by this law, the Office of Women's Health designated the funds to eligible statewide nonprofit organizations whose primary purpose is pursuing the eradication of sexual violence in Indiana. Two organizations, the Indiana Coalition Against Sexual Assault (INCASA) and Purdue University, Community Against Rape Initiative (CARE), have been designated to allocate money in the fund among rape crisis centers across the state. A rape crisis center is defined as "an organization that provides a full continuum of services, including hotlines, victim advocacy, and supportive services, from the onset of need for services through the completion of healing, to victims of sexual assault."

The funds came from a sexual assault victims assistance fee of at least \$250 and not more than \$1,000 that is assessed by the court to an individual convicted in Indiana of any of the following offenses: rape, criminal deviate conduct, child molesting, child exploitation, vicarious sexual gratification, child solicitation, child seduction, sexual battery, and sexual misconduct with a minor as a Class A or class B felony. There was \$30,000 available this past year, which was distributed equally between INCASA and CARE.

## **Healthcare Businesswomen's Association, Indianapolis Chapter**

For more than 20 years, the Healthcare Businesswomen's Association (HBA) has been helping women succeed in their professional objectives. The HBA offers programs to provide career building skills, to keep up to date on medical advances, and offer support to healthcare professionals. Terri Pascarelli, CEO, Integrity Pharmaceutical Company, is developing a local chapter in Indianapolis. In 2003, Barbara Levy Tobey is serving on the Steering Committee working to develop an HBA Indianapolis Chapter.

## **The Chronic Disease Self -Management Program**

Molly Maguire was certified by the Stanford University Patient Education Research Center as a Master Trainer for the Chronic Disease Self-Management Program (CDSMP). The CDSMP is a workshop offered to state employees suffering from a chronic disease. It is held at the workplace for two-and-half-hours, once a week, for six weeks. Employees learn techniques to deal with problems such as frustration, fatigue, pain and isolation; appropriate exercise for maintaining and improving strength, flexibility, and endurance; appropriate use of medication; how to communicate effectively with family, friends, and health professionals; nutrition; and how to make informed treatment decisions.



# **Women's Health Mini-Grant Program**

## **History**

The Office of Women's Health and the Indiana Commission for Women first collaborated in 1999 to offer the Women's Health Mini-Grant Program. The grant program awards mini-grants to Indiana communities to provide support, education, and other tools needed to modify or encourage healthy behaviors in women and girls. As a result of these community efforts, it is hoped that stronger, healthier women emerge.

In the 1999-2000 grant cycle, \$100,000 was awarded to 11 innovative programs that took place in 13 Indiana counties. A variety of health issues were covered, such as cardiovascular disease, substance abuse, eating disorders, osteoporosis, obesity, and domestic violence. For the 2000-2001 grant cycle, the Office of Women's Health; the Office of the Attorney General, State of Indiana; Eli Lilly and Company; Pfizer; and Pharmacia Corporation made contributions to the Women's Health Mini-Grant Program totaling \$375,000. These funds were awarded to 16 programs covering 18 counties on women's health issues including domestic violence, heart disease, breast cancer, cervical cancer, mental health, smoking prevention, weight management and prenatal care. For the 2001-2002 grant cycle, \$80,000 was awarded to support domestic violence health education and awareness efforts in communities around the state. The goal of the program was to fund local domestic violence projects that would stimulate and motivate women of all ages to assess their lifestyles and make positive modifications. Eight programs were funded, each approaching domestic violence education and awareness in a unique way. These programs covered 23 Indiana counties, of which 14 are considered rural.

## **2002—2003**

### **Women's Cardiovascular Mini-Grant Program**

Heart disease is the leading cause of death among both men and women in Indiana, as well as the entire United States. Over 60 percent of women believe their biggest health threat is breast cancer, although heart disease kills 6 times as many women as breast cancer. One in 10 American women age 45 to 64 has some form of heart disease, and this increases to one in five women over age 65. The 2002-2003 grant initiative, the Women's Cardiovascular Mini-Grant Program, was created in hopes of helping to combat this problem.

Over \$50,000 was awarded in grants to 15 local health departments. The grants supported a single day event to raise awareness of cardiovascular health and related health issues targeting underserved and minority women in the community. The topics covered included heart disease, obesity/overweight, nutrition, physical activity, diabetes and smoking. Health screenings, such as cholesterol, blood pressure, glucose, height/weight and bone density, were included in most of the health seminars.

## **Women's Cardiovascular Health Mini-Grant Recipients 2002-2003**

Elkhart County Health Department

Marion County Health Department

Delaware County Health Department

Ripley County Health Department

Jennings County Health Department

Monroe County Health Department

Floyd County Health Department

City of Gary Health Department

City of Hammond Health Department

Allen County Health Department

St. Joseph County Health Department

Perry County Health Department

Putnam County Health Department

Brown County Health Department

Owen County Health Department

# **Heart Alive! Cardiovascular Education and Screening Program**

## **Program Description**

*Heart Alive!* is a cardiovascular screening and education program sponsored by the Office of Women's Health at the Indiana State Department of Health. The six-month worksite wellness program enrolls male and female state employees. Support by the Marion County Health Department for screenings and educational sessions enables the project to be offered at *no cost* to participants. The goal of the program is to encourage the implementation of healthier lifestyle choices through lipid screenings and educational sessions. The screenings include measures of total cholesterol, HDL cholesterol, blood pressure, glucose, height, weight, waist circumference, and hip circumference. Participants also complete an exercise continuum and nutrition profile.

## **History**

The Heart Alive! pilot program was offered to Indiana State Department of Health employees in 2000. The second program, offered to 139 Family and Social Services (FSSA) employees, ended in September 2002. Positive changes in nutrition and exercise levels and improvements in systolic blood pressure were seen in the 115 participants who completed the entire program. The average total cholesterol levels increased and HDL levels remained the same at the 6-month re-screening .

## **FSSA Positive Outcomes**

*Compares initial screening to six-month re-screen results for 115 participants completing entire program*

### **An overall decrease in systolic blood pressure**

- Participants with a systolic blood pressure 140mmHG decreased from 24% to 17%

### **Positive changes in nutrition**

- Participants consuming less than 30 g of total fat per day increased from 39% to 49%
- Participants consuming less than 10 g of saturated fat per day increased from 54% to 59%
- Participants consuming the recommended amount of daily fiber (>25 g) increased from 4% to 11%
- Participants with a "good" overall nutrition rating increased from 34% to 41%
- Participants with an "excellent" overall nutrition rating increased from 0% to 9%

### **Improvements in exercise levels**

- Highly active participants increased from 21% to 28%
- Inactive participants decreased from 21% to 15%

Participant feedback has been outstanding during the Heart Alive! program. The following are a few of the unsolicited comments given by FSSA and IDOA participants.

"As for being in great shape, I thought I was back in February. That was before Heart Alive! told me I had a 374 Blood Sugar reading. My doctor says I have Type II diabetes. I am now in the normal range for blood sugar. Thanks to Heart Alive! for letting me know that I have Diabetes, now I can control it!"

"I don't know how much feedback you get on your "Heart Alive" program, but at the six month re-screening, I lost 20 pounds and 3 ½ inches from my waist. I did this by following healthy eating guidelines and walking a lot. Thanks for what you program has done!"

"Thanks for the effort you put into getting this program together, and I hope to keep my progress toward better health on into the future. Again thanks; this program was enough to get me to take action."

"I just wanted to say thanks for running this program, it has been very interesting and educational. My wife and I have been inspired to make some permanent changes to benefit our heart health. I wish everyone eligible would participate in this fine program."

## **2002—2003**

Molly Maguire, Project Director, began a third Heart Alive! Wellness Program with the Indiana Department of Administration (IDOA) in October 2002. There are 70 IDOA employee participants in the program. The initial screenings were held on October 29 & 30, 2002 in the Indiana Government Center South.

Participants attended 4 one-hour educational session each month between the initial and six-month screenings. The topics of hunger, appetite, and satiety; types of fat; fiber, soy and vitamins; label reading, modifying recipes, and eating out healthfully were covered during the nutrition educational sessions. The six-month re-screening was held on May 13 & 14, 2003.

### **Results Interpretation**

#### **Exercise**

December 2, 2002

#### **Eating to Live**

January 14 & 16, 2003

#### **Tomorrow's Kitchen**

February 11 & 13, 2003

#### **Low-Fat Eating in a High-Fat World**

March 11 & 13, 2003

April 8 & 10, 2003

The Office of Women's Health began the fourth Heart Alive! program in 2003. The program enrolled 50 employees of State Personnel Department and Auditor of the State of Indiana. The Office of Women's Health plans to begin the fifth Heart Alive! Program in the fall of 2003.

# Special Projects

## **“Women and Heart Disease,” The Care Group September 6, 2002**

The Office of Women’s health, for the fourth year, was on the planning committee for “Women and Heart Disease.” This full-day Continuing Medical Education (CME) event focused on *“Women and Heart Disease: The Obesity Epidemic”* on September 6, 2002.

## **“Take Your Loved One to the Doctor” Day September 24, 2002**

In collaboration with the Office of Minority Health, the Office of Women’s Health participated in a national campaign called “Take Your Loved One to the Doctor” Day on September 24, 2002. Bone density screenings, among many other screenings, were provided in Indianapolis and Elkhart.

## **Indiana CareForce October 14—18, 2002**

Indiana CareForce is an adult immunization program that is a collaborative effort between the U.S. military, the Indiana State Department of Health and many other organizations serving the health needs of the people of Indiana. The Indiana Osteoporosis Prevention Initiative has participated for the last three years. During the 2002 campaign Allen, Delaware, St. Joseph, Marion, Vanderburgh and Vigo counties were visited and nearly 300 screenings were provided.

## **Dedication of Doris H. Merritt, M.D. Conference Room December 6, 2002**

On December 6, 2002, the Office of Women’s Health was proud to honor Doris H. Merritt, M.D. with a ceremony for the naming of the new Doris H. Merritt, M.D. Conference Room on the fifth floor of the Indiana State Department of Health building. Dr. Merritt has been a pioneer in women’s health and in many other areas and has an extensive list of accomplishments. A reception was held in her honor and Gregory A. Wilson, M.D., State Health Commissioner, presented Dr. Merritt with the State Health Commissioner’s award for her many contributions.

This is the first conference room at the Indiana State Department of Health to be named after a female physician.

## **Women's Heart Week February 1-7, 2003**

During February, The Office of Women's Health promoted *The Heart Truth*, a national awareness campaign sponsored by the National Heart, Lung, and Blood Institute (NHLBI), U.S. Department of Health and Human Services, in partnership with: American Heart Association; Federal Office on Women's Health; WomenHeart: the National Coalition for Women with Heart Disease; and other organizations committed to the health and well-being of women. The month of awareness was kicked off with a proclamation from Governor O'Bannon designating February 1-7, 2003 as Women's Heart Week in Indiana. Barbara Levy Tobey gave television interviews on WISH-TV's Daybreak Sunday and the WRTV Morning News promoting Women's Heart Week, as well as a radio interview on WFMS 95.5.

## **National Osteoporosis Prevention Month (May 2003) National Women's Health Week (May 11—May 17)**

The Indiana Osteoporosis Prevention Initiative will again be working with Marsh Supermarkets and Pharmacies to provide FREE bone density screenings during the month of May. Participating stores include Indianapolis, Kokomo, Shelbyville, Marion and Mooresville. Screenings at 7 stores will be provided. Screenings will also be provided at the city-county building for employees on May 9 as well as Wells, Miami and Huntington counties.

## **"Brown Bag Lunch" on Women's Health Issues**

On January 27, 2003 Barbara Levy Tobey, conducted a lunchtime lecture and discussion on *Women's Health Issues Over Age 45* for Indiana State Department of Health employees. Topics discussed included cardiovascular disease, osteoporosis, and the most recent information on hormone replacement therapy. It was so well received that a second lecture on the subject was conducted on February 27, 2003 with equal success. Another lecture on the topic of "*Women and Cardiovascular Disease*" was conducted on April 14, 2003.

In addition to the lectures given by Barbara Levy Tobey, the Office of Women's Health hosted the **CDC DES Update** at ISDH on February 28, 2003. Ann Zerr, M.D., Co-Director of the National Center of Excellence in Women's Health at the Indiana University School of Medicine gave the update. Diethylstilbestrol (DES) was once considered safe for preventing miscarriages and premature births. It is now known to cause health problems in the women who used it and their children.

# Publications

## **The Office of Women's Health Web Site**

<http://www.IN.gov/isdh/programs/owh/>

The Office of Women's Health is committed to making women's health information accessible to all women in Indiana. The Web site includes information about our history, mission, and programs, as well as our publications in PDF (portable data file) format. The site meets expectations for voice-recognition software, as well as legibility and computer compatibility.

## ***Indiana Takes Action for Women's Health 1999***

This publication is a prevention oriented compilation of 18 different women's health issues.

## ***Women Count in Indiana: A County Data Book 2001***

In February 2002, the Office of Women's Health published *Women Count in Indiana: A County Data Book 2001*. This publication was compiled and written by the Office of Women's Health, in collaboration with the Indiana State Department of Health Epidemiology Resource Center. The purpose of the new publication is to give health-care providers, policymakers, and other interested parties county specific information about women's health. In addition to the book, a CD-Rom with county-by-county statistics is available upon request.

# Conferences

## 2002

*"Women and Depression"*

June 10

*"Women and Heart Disease: The Obesity Epidemic"*

The Care Group, LLC

September 6

Carmel

*"Exercise & Health"*

Indiana University Center for Sports Medicine

September 9

Indianapolis

*"Building Bright Futures: Neonatal, Pediatric, and Adolescent Nutrition in the 21st Century"*

Indiana University School of Medicine Division of Continuing Education

September 17 & 18

Indianapolis

*"Speaking of Women's Health"*

September 27

Indianapolis

*"Building Healthy Kids: Overcoming Obesity"*

Clarian Health, Community Plunge

October 28

Indianapolis

*"Fit Kid Road Trip: Calcium, Physical Activity and Healthy Weight"*

Indiana Dairy and Nutrition Council

November 7

Indianapolis

*"Community Leaders' Focus Groups: Attitudes About Addressing Obesity/Overweight in Indianapolis"*

November 14

Indianapolis

*"Exercise & Lower Back Pain"*

Indiana University Center for Sports Medicine

November 18

Indianapolis

*"Medical Update on Recurrent Ovarian Cancer"*

CancerCare

December 3

Teleconference

*"Motivation & Mindfulness"*

Indiana University Center for Sports Medicine

December 9

Indianapolis



# Involvements

## **Indiana Breast Cancer Alliance**

The Office of Women's Health is a member of the Indiana Breast Cancer Alliance (IBCA). The IBCA serves as a clearinghouse in the dissemination of information, a provider of education, and a statewide resource and advocate working collaboratively in breast health awareness. The IBCA empowers men and women in Indiana to become active in their own health care in regards to breast cancer and other related issues. On October 1, 2002, the IBCA presented "Illumination: Lighting the Way to Breast Cancer Awareness." The event was held at the Indianapolis ArtsGarden to kick off Breast Cancer Awareness month. The glass structure was illuminated in pink lights in an effort to raise awareness.

## **Indiana Coordinated School Health Advisory Council**

The Office of Women's Health is a member of the Coordinated School Health Advisory Council. The Indiana Department of Education has brought together this council to develop a Coordinated School Health Program (CHSP) for the state of Indiana. The council supports and monitors the implementation of the comprehensive school health program. Members include families, teachers, school nurses, physicians, health educators, and representatives from the health district, social services, juvenile justice, state and voluntary health agencies.

## **Ovar'coming Together Run/Walk Committee**

The Office of Women's Health participated on the committee to recruit teams for the annual StarStrides run/walk on September 14, 2002 to benefit Ovar'coming Together. The organization creates awareness among women and the greater community regarding early warning signs that may be indicative of ovarian cancer, resulting in earlier detection. They also provide resources for support, networking and education for those women diagnosed with ovarian cancer and their caregivers in order to improve outcomes. The Indiana State Department of Health formed a team and made a donation in memory of a former employee who lost her battle to ovarian cancer in May 2002.

## **Breast and Cervical Cancer Program (BCCP) Advisory Board**

Molly Maguire is a BCCP Advisory Board member. The BCCP Advisory Council mission is to assist the Chronic Disease Division of the Indiana State Department of Health in assuring that coordinated, community-based public and private systems are in place to provide comprehensive education and early detection services, related to breast and cervical cancer. These services include but are not limited to, state-of-the-art mammography and Pap smears, and emphasis on priority populations established by the Centers for Disease Control and Prevention.

## **Women & Depression**

Andrea Klemm represented the Office of Women's Health in coordinating the Women & Depression Conference with the Indiana Perinatal Network, Marion County Health Department, St. Vincent Hospital, University of Illinois, the National Center of Excellence in Women's Health and Indiana University School of Nursing. The conference was designed to raise awareness about postpartum depression and the early warning signs associated with it. The goal was to alert healthcare providers to the incidence and significance of depression and other mood disorders women can experience during pregnancy and after which affect the newborn, immediate family, and community.

## **Susan G. Komen "Race for the Cure" 2003**

The Susan G. Komen Race for the Cure raises money to support breast cancer research, education, screening and treatment programs. All of the full time staff participated by running or walking in the event. Andrea Klemm and Molly Maguire served as Floor Captains for the Indiana State Department of Health team.

## **"Incarcerated Women's Passport for Healthy Families"**

Barbara Levy Tobey serves on the advisory board for the "Incarcerated Women's Passport for Healthy Families" program, a project of the Maternal and Child Health Program at the Indiana State Department of Health. This program builds on the Indiana Women's Prison's Family Preservation Program, which provides an annual Women's Health Awareness Education Day, the Responsible Mother—Healthy Baby program, outreach coordination, parenting programs, camps, and a child-friendly visitation center. The program goals are to create a case management/tracking system to identify, deliver, and evaluate the health needs of incarcerated women and their children; develop a system to link mothers and their children to appropriate services during and after the mothers' incarceration; and integrate information and activities into existing programs at the Indiana Women's Prison that will empower women to choose healthier lifestyles for themselves and their children.

# Advisory Board

**Senator Vi Simpson, Co-chair**  
Indiana State Senate

**Representative Vaneta Becker, Co-chair**  
Indiana House of Representatives

**Senator Billie Breaux**  
Indiana State Senate

**Senator Beverly Gard**  
Indiana State Senate

**Representative Vanessa Summers**  
Indiana House of Representatives

**Barbara Levy Tobey**  
Director, Office of Women's Health  
Indiana State Department of Health

**Esther Acree, RN, MSN, FNP**  
Past President  
Indiana State Nurses' Association

**Robbie Barkley**  
Vice President of Advocacy  
American Heart Association Midwest  
Affiliate

**Martha Bonds**  
Black & Minority Health Fair Director  
Office of Minority Health  
Indiana State Department of Health

**Norma Bradway**  
Assistant Deputy for Certification &  
Licensure  
Division of Mental Health

**Nancy Branyas, MD**  
The Care Group

**Virginia Caine, MD**  
Director  
Marion County Health Department

**Jane B. Chappell, RN, MSN**  
Executive Director  
Tri-Cap E.O.C., Inc.

**Annette Craycraft**  
Executive Director  
Indiana Commission for Women

**Susan Crosby**  
Deputy Executive Director  
Women in Government

**Rose Fife, MD**  
Director, National Center of  
Excellence  
in Women's Health  
Professor of Medicine & Biochemistry  
& Molecular Biology  
Assistant Dean for Research  
I.U. School of Medicine

**Maria Fletcher, MD**  
Clinical Faculty  
Family Medicine Residency Program  
St. Vincent Primary Care Center

**Jill D. Hagan**  
Vice President  
Trust & Investment Management  
Union Planters Bank

**Sally Johnson Hartman, RNC, MSN**  
Assistant Professor Maternal/Child  
Health  
Indiana/Purdue at Fort Wayne

**Nancy Hines**  
Co-founder  
Ovar'coming Together

**Janet Johnson**  
Deputy Director of Children's Services

**Maureen McLean**  
Indiana Perinatal/Special Projects  
Facilitator  
Indiana State Department of Health

**Danielle Patterson**  
Director, Office of Minority Health  
Indiana State Department of Health

**Sue Phillips, BS, RN**  
Director, Community Outreach  
Clark Memorial Hospital

**Mary Pilat, Ph.D**  
CARE (Communities Against Rape)  
Associate Professor  
Purdue University

**Irene Queiro-Tajalli, Ph.D.**  
Professor & Executive Director of  
Undergraduate Education  
IU School of Social Work

**Leslie Raymer**  
Development Coordinator  
Center for Nonviolence

**Joanne Sanders**  
International Representative  
International Alliance of Theatrical  
Stage Employees, Moving Picture  
Technicians, Artist & Allied Crafts of  
the U.S., Its  
Territories & Canada

**Karla S. Sneegas, MPH**  
Executive Director  
Indiana Tobacco Prevention &  
Cessation Agency

**Lucia Spears, MD**  
Indianapolis Breast Center

**Cheryl G. Sullivan**  
Vice Chancellor for External Affairs  
IUPUI

**Gazella Summitt**  
Chair  
Indiana Commission for Women

**Jeanne Hawkins Van Tyle,  
Pharm.D.**  
Professor of Pharmacy  
College of Pharmacy, Butler  
University

**Julia Vaughn**  
Project Director, Count Us IN  
Governor's Council for People with  
Disabilities

**Gayla Winston**  
President  
Indiana Family Health Council

**Charlotte Zietlow, PhD**  
Economic Development Coordinator  
MiddleWay House

# Media

## **Women's Heart Week**

Press Release

January 27, 2003

## **"State Officials Observe Women's Heart Week"**

*Indiana State Department of Health Express*

January 27, 2003

## **"Seven Health Departments Hold Heart Health Seminars in February"**

*Indiana State Department of Health Express*

February 10, 2003

## **"Bless your hearts"**

*Herald Tribune*

February 19, 2003

## **"No Bones About It: Osteoporosis is an Important Issue"**

*Indiana Public Health Association News*

March 2003

## **"Health seminar raises awareness for minorities"**

*The Post-Tribune*

March 13, 2003

## **"Osteoporosis: The Silent Disease"**

*The Epidemiology Newsletter*

April 25, 2003